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# Bulletin

Volume 6, Issue 9

October 1, 2003

## **Bulls Calendar**

- 10/01 Oahu League BOD meeting, 7:15 p.m., Gentry Pacific Center
- 10/07 HSC Bulls BOD meeting, 7:00 p.m., 900 Fort Street Mall
- 10/12 HSC Bulls Coaches meeting, 7:00 p.m., Paki Hale
- 10/13 Holiday – Discovers Day
- 10/18 End of Fast Footwork
- 10/20 Newsletter deadline for November issue
- 10/25 End of MISO Jr.
- 10/26 HSC Bulls Coaches and Managers meeting, 7:00 p.m., Paki Hale
- 10/29 HSC Bulls Golf Tournament, Kapolei

## **Message from the President**

“A vision of a champion is one bent over, drenched in sweat, at the point of exhaustion when no one else is looking.” Anson Dorrance

MISO. MISO JR. BULLS. BULLS JR. Holy cow, how confusing is this!?!

At first, very confusing I am sure. Traditionally, the fall season has been a developmental one, with the only game offered the 7 aside season through the Oahu League. The developmental season is meant for small sided games on smaller fields to allow for more touches of the ball by the players to improve their skills, with less focus on winning. Works great if they really do play on shorter playing surfaces. Last year, the men’s league began an 11 aside league in this fall season to provide the “real McCoy” for teams that wanted to participate. Few did at the time, but this year the league has expanded. The games are all at Waipio and everyone seems to be having good matches.

Since players register through US Club Soccer, coaches have greater flexibility in their team’s roster. This allows younger players to mix with older players, if the coaches feel the timing is right. Playing up for some of the players is another big step in their long term development. Just this past week, the U13/14/15 boys were scheduled to compete against the U16 boys. Two U16 girls were present as well. The girls even chose the teams, splitting all of the players equally. What a great sight to see the younger players, boys and girls mixing it up. And, to see a U16 player hoist a U13 on his shoulders after an assist against a U16 keeper. Or to see a U16 “jawing” in the midfield with his U13 counterpart. Final score 1-0 when most would have expected a high scoring match.

Players rise to the occasion. When challenged safely and appropriately, player’s learning curve can be exponential. Even though it is a regular match, it is still developmental. We need to look one or two years down the road while enjoying the first or second half.

“If you don’t love what you do, you won’t do it with much conviction or passion.” Mia Hamm

## **HSC Bulls Golf Tournament**

By Michael Stollar



**It’s Crunch Time!!!!**  
**All registrations are due by October 15<sup>th</sup>. Please sign up as early as possible.**

possible.

We are asking all teams to make donations. Your managers will be

letting you know the details. Thanks to all of those who have helped to date.

We are able to accept donations as soon as you can provide them. Please contact Michael Stollar at 286-5586 or e-mail at

[mbschs@hawaii.rr.com](mailto:mbschs@hawaii.rr.com).

## **Family, School and Sports**

By Theresa Wong

Balancing family activities, schoolwork, soccer and all of the other activities you want and should do as a high school student, is one of your greatest challenges. Achieving balance is important now in high school and will be even more important when you go to college, especially if you leave Hawaii.

The Club would like to acknowledge those high school students that achieve a semester GPA of at least 3.5 based on a 4.0 GPA scale. We would like to create an honor roll, to be posted in the newsletter. In order to be listed in the honor roll, players can present their semester grades to your team manager who can then forward for publication. Awards for making the honor roll are in the planning process.

HSC Bulls Star Scholar  
 GPA 3.75 and higher

HSC Bulls Scholar  
 GPA 3.5 – 3.74

## **Seven Habits of Highly Successful Athletes**

Adapted from MWN Sports “Game Plan for Greatness”

1. Understand the relationship between freedom and responsibility. Athletes are the only ones who can make themselves better or worse.
2. The Three “S’s”: Athletes must find the balance between school,



sports and social activities. Your social life may need to be sacrificed over education (you need good grades to become or stay eligible in high school or college) or training for your sport.

3. Manage your time. Make lists of what you need to do and what you have accomplished. Keep a calendar. Become efficient. Keep a performance journal on what you worked on in training or on your own time. Sleeping 8 hours a day, eating, class work and sports can account for 112 hours a week. This leaves 56 hours a week (8 hours a day) to do what you otherwise want or need to do. Wasted time comes from your social time, not school or sport.

4. Personal habits. Eat a healthy diet. Stay hydrated all of the time, not just before a match. Avoid alcohol, tobacco and drugs. Sleep well. Habits should be consistent, even on weekends.

5. Athletes should be morning people. Early risers get the most out of their day.

6. Have the right attitude to improve. Go the extra mile. Train on your own with direction from your coaches. Learn to accept criticism to change.

7. Change. Expect, accept and enjoy it.

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**Who are the Honolulu Bulls?**

By Ken Perske

The Honolulu Bulls Soccer Club (HSC Bulls) is a soccer organization dedicated to educating and developing youth through soccer.

HSC Bulls believe in "Success through Education."

HSC Bulls players are selected based on physical and mental readiness for competitive soccer.

The HSC Bulls is a non-profit organization with membership fees that provide for professional coaching, league expenses, uniform leasing and administrative support.

The HSC Bulls belong to US Club Soccer and the United States

Youth Soccer Association, Inc (USYSA) via Hawaii Youth Soccer Association (HYSA).

Boys and girls, ages 6-18, are welcomed at tryouts which the Club holds in June and July each year, but team coaches can arrange a tryout on an individual basis.

There are over 300 players in the Club.

The HSC Bulls play competitive soccer in both the Men's Island Soccer Organization (MISO and MISO Jr.) and in the Oahu League of HYSA.

The HSC Bulls has a code of conduct for all of its members.

HSC Bulls players have the opportunity to travel extensively for competition on the mainland US and occasionally in Europe.

The HSC Bulls has an elected Board of Directors, a paid coaching staff and a host of volunteer coaches and administrators.

The Director of Coaching establishes the HSC Bulls curriculum.

The HSC Bulls has a specific uniform that alternates color on a yearly basis (red/black/white).

Membership fees are annual and nonrefundable.

The HSC Bulls provide spring and summer soccer camps, the Pro-Xtreme Christmas Camp and the Keiki Bulls Recreation League.

The HSC Bulls has a mission statement.

Many senior HSC Bulls players have gone on to be successful in prestigious college soccer programs.

The HSC Bulls teams practice 2-3 times per week and compete on the weekends.

Training is year round; however, June and July training sessions are primarily for those teams preparing to travel or preparing for their high school teams.

The HSC Bulls provides financial assistance to many players/families in need.

The HSC Bulls is active in community events.

The HSC Bulls welcomes sponsors and donors.

The HSC Bulls encourages fun learning the beautiful game knowing that success will follow.

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**Bulls Stuff**

On Saturday, October 4<sup>th</sup> during fast footwork, the Club will be selling practice t-shirts. Prices for white t-shirts are \$10.00. Prices for red t-shirts are \$12.00. As a reminder, practice t-shirts are for players only.

On Saturday, October 18<sup>th</sup> during fast footwork, the Club will be selling Bulls logo wear.

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**10<sup>th</sup> Annual 7-Aside Tournament**

Get ready for the 10th Annual 7 Aside Mililani Tournament. Once again, Mililani Soccer Club (MSC) is hosting the 7 aside tournament during the Thanksgiving holiday weekend. As in the past, the Club supports the MSC tournament. Tournament registration deadline is October 24, 2003, 4:00 p.m. for \$275.00. However, early registration is October 10, 2003, 4:00 p.m. for \$250.00. Plan on it, you'll be glad you did. Application form is at <http://mililanisoccer.com/forms/7-AsideApplication2003.pdf>.

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**Friends of Clay!**

Les and Carol Aubrey would like to say thank you to everyone for the cards and support received as well as the monetary gifts and your friendship.

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**Pro-Xtreme Christmas Camp**

The Pro-Xtreme Christmas Camp will be December 26<sup>th</sup> through the 29<sup>th</sup> at Waialae Iki. Registration will be online and will be available shortly. Good news! Brian Ching from the San Jose Earthquakes and Andrea Alfiler from the San Diego Spirit have committed to the Camp.



If you would like to volunteer, please let the Club know. The Club expects those who are receiving financial aid to volunteer.

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### **Elite Camp**

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The Elite Camp will start December 29<sup>th</sup> through the 31<sup>st</sup> at Waipio Soccer Complex. The Elite Camp is for advanced players ranging in age from U12, U14 and U16, and will be by invitation only (after submitting an application). Each age group must have a minimum of 20 players. The cost will be at least \$400.00. This Camp is not for the faint of heart.

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### **Columbia Inn Restaurant**

By Tri Nguyen, Bulls Co-founder

As the proud owner of the COLUMBIA INN Restaurant on 5th and Waialae Avenue, receive a **Special Discount 15%\*\*\* off all meals** (beverages not included) on Monday through Thursday for anyone that comes into the restaurant **wearing a BULLS T-shirt or cap.**

COLUMBIA INN Restaurant serves Breakfast, Lunch and Dinner. Hours are Sunday through Thursday 6 am. to 11 p.m. and Friday and Saturday 6 a.m. to Midnight.

\*\*\*This offer is not good with any other discount or special. Tax and gratuity are not included. This offer expires October 31, 2003.

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### **Fast Footwork Advancement?**

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On October 25, Coach Phil will be assessing the beginner's class of fast footwork for advancement to intermediate fast footwork and intermediate fast footwork to advanced fast footwork. If you want to advance, the Club strongly suggests you practice, practice and practice. For advancement, Coach Phil expects players to be able to perform the moves almost flawlessly. So work hard and be ready.



Kapolei Golf Course  
 91-701 Farrington  
 Highway  
 Kapolei, HI. 96707  
 (808) 674-2227



*Lunch - Beverages - Banquet  
 \$10,000 Hole-In-One  
 Door Prizes  
 Games*

# HONOLULU BULLS SOCCER CLUB GOLF TOURNAMENT

WEDNESDAY, OCTOBER 29, 2003 3 PERSON BEST BALL  
 Check In - 11:00 a.m. Shotgun 12:00 pm.  
 Softspikes Required

MailTo: Golf Tournament P.O. Box 240277 Honolulu, HI 96824  
 Please make checks payable to: HSC Bulls  
 For info call: Michael at 286-5586 or email mbschs@hawaii.rr.com

## ENTRY/SPONSOR INFORMATION

- ø \$1,000 - Golden Goal Sponsor (One Team, Par 3 Tee Sign, Entry In All Special Drawings)
- ø \$750 - Silver Goal Sponsor (One Team, Tee Sign)
- ø \$375 -Team (3 golfers)
- ø Sorry I cannot participate, but I would like to donate \$\_\_\_\_\_

### Sponsor/Team Information

<b>Sponsor/Team Name:</b>	<b>Referred By:</b>
<b>Mailing Address:</b>	<b>Bulls Team (if known):</b>
	<b>Phone:</b>
<b>E-mail:</b>	<b>Fax:</b>

Golfer 1 / Team Captain	Golfer 2	Golfer 3
<b>Name</b>	<b>Name</b>	<b>Name</b>
<b>Mailing Address</b>	<b>Mailing Address</b>	<b>Mailing Address</b>
<b>Phone</b>	<b>Phone</b>	<b>Phone</b>
<b>Handicap:</b>	<b>Handicap:</b>	<b>Handicap:</b>

Maximum allowable handicap - 36